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Judge declares mistrial in HIV disclosure case

Jury issues led to decision; case may go through another trial PAGE 6

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'They were good persons. With a good heart'

Taliban claims responsibility.
Ottawa-area accountants killed in Afghanistan were 'dedicated employees,' co-worker says

JOE LOFARO
joe.lofaro@metronews.ca

Two Ottawa-area men killed in a suicide bombing at a restaurant in Kabul on Friday were "dedicated" workers contributing to the "peace and security of Afghanistan," co-workers and family members said.

Daniel Charron, a partner at Samson and Associates where Peter McSheffrey and Martin Glazer worked as accountants, said employees at the Gatineau-based firm are in shock and devastated.

A suicide bomber had walked into La Taverna du Liban, a popular Lebanese restaurant frequented by foreigners in Kabul, before two armed gunmen opened fire on patrons during dinner. It was one of the deadliest attacks on foreign civilians in Afghanistan since the start of the war in 2001.

Martin Glazer and Peter McSheffrey died in a suicide bombing at a restaurant in Kabul popular with foreigners. CONTRIBUTED

McSheffrey, who was in his early 40s, and Glazer, 49, were among the 21 people killed, 13 of which were foreigners.

"They were taking a lot of pride in their work. They were good persons with a good heart," Charron told Metro Sunday.

McSheffrey, of Ottawa, and Glazer, of Gatineau, were hired by the Canadian International Development Agency (CIDA) to audit an international organization in Kabul which received funds from the government of Canada, said Charron. They were scheduled to return to Canada this week.

"Right now it's devastating," said Charron, who added that the bodies of the two Canadians will arrive at CFB Trenton Wednesday evening.

Glazer's family said in a statement Martin will be "greatly missed by his family and friends."

"His commitment to his profession and bravery is demonstrated by his frequent business trips to the region," the statement read.

McSheffrey leaves behind a wife and two daughters, aged 14 and 16, according to Charron.

"What makes this particularly difficult for the family is that Peter was a victim of senseless violence against innocent people," his family wrote in a statement. "Peter loved to travel and was doing meaningful work."

On Saturday, the Taliban took responsibility for the attack.

Canada's foreign affairs minister, John Baird, called it a "cowardly terrorist attack."

"On behalf of all Canadians, we extend our sincerest condolences to the families and friends of those who were killed and injured in this horrible and senseless act of terror," he said in an email statement. WITH FILES FROM THE CANADIAN PRESS

'Cowardly terrorist attack'

"On behalf of all Canadians, we extend our sincerest condolences to the families and friends of those who were killed and injured in this horrible and senseless act of terror."

Foreign Affairs Minister John Baird

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Family appeals for help after death of 'loving brother'

'Great sorrow.' Ottawa man was a student in London, Ont., when he died suddenly from a brief illness

The sudden death of a young Ottawa man has his family appealing to the community for financial help.

Francis Fondoh, a student at Huron University College in London, Ont., was just 24 when he died suddenly Tuesday after a brief illness.

"We're still not sure what he died of," Fondoh's sister, Sharon Fondoh, told Metro. "An autopsy has to take place.

"We're hoping to transport the corpse back to my country," said Sharon. "Back to Cameroon."

That's where they're facing a problem. Limited insurance coverage has left the family with big bills to pay.

" … It is very expensive," Sharon Fondoh said. "It will cost $15,000 just to take the coffin to Cameroon."

Fondoh's family immigrated to Canada seven years ago. Now, they live in Ottawa but are spending a few days in London as they make arrangements.

Sharon said she, her mother, Patience, and her sister, Elvira, who were together in a London hotel Sunday, are all students.

"It's hard on us," she added. "We didn't expect it (the death). We do have a little insurance but we didn't expect him to die so suddenly."

An online appeal has been launched at gofundme.com. There, the family describe Francis Fondoh as "a very loved and loving brother, son, grandson and friend."

The story is even more tragic because Fondoh was expected to graduate in April. He was majoring in French studies, with a minor in Spanish

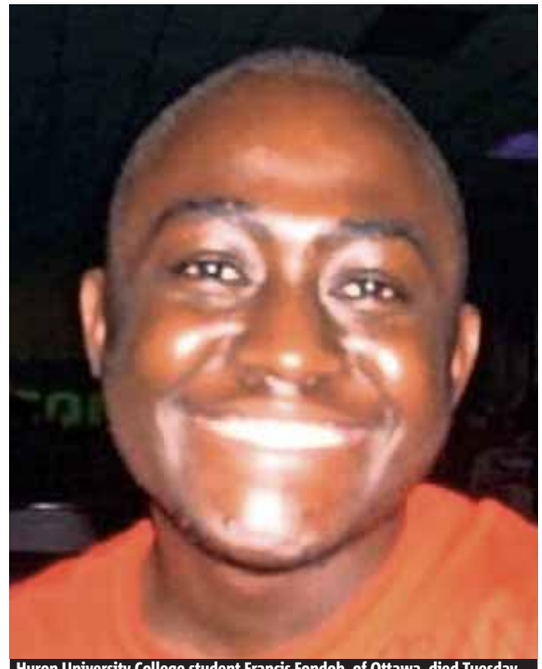
Huron principal Stephen McClatchie has issued a statement expressing his "great sorrow" at the death of the student.

"(Fondoh) was well-known in the Huron community, with his friendly smile and constant willingness to help," said McClatchie. "We all grieve the loss of this remarkable young man."

MIKE DONACHIE/METRO IN LONDON

Memorial service

- The university community in London, Ont., is expected to come together at a memorial service in Huron's chapel at 2 p.m. Tuesday.
- An overflow room with a video feed of the service is also expected to be set up in the Great Hall, and Western University, of which Huron is part, will lower the flag on Tuesday.
- To donate to Francis Fondoh's family, visit gofundme.com/6a4mq0.



Huron University College student Francis Fondoh, of Ottawa, died Tuesday after a brief illness. GOFUNDME.COM

Locals mark MLK Day with leadership awards

Three women will receive awards in Ottawa Monday in recognition of Martin Luther King Day from DreamKeepers, a local group devoted to keeping alive King's vision.

Former Governor General Michaelle Jean, will be given a Dream Keepers life achievement award, while Allison Fisher, executive director of the Wabano Centre for Aboriginal Health and Heyam Qirbi, a founder of Mothers for Peace will both receive "Outstanding Leadership" awards.

Contacted Sunday about the upcoming award Qirbi was modest.

"It was a big surprise for me," she said. "It's not an individual thing it's a work of all the women around me. Women that I have connected with, women around the world."

Qirbi said Mothers for Peace is an idea as much as a group that encourages women to band together to make a positive change in their communities for their children and for other young people.

Fisher could not be reached for comment, but Dream Keepers founder Daniel Stringer said Fisher, like Qirbi, is a community leader whose work moves Ottawa toward King's vision of a "beloved community."

"(King) didn't just (complain) about the current situation he had a vision for what was right and he called it the beloved community," said Stringer, who said he and two friends from Ottawa's black community decided 10 years ago to help push for social justice and help achieve King's vision for a better society. SEAN MCKIBBON/METRO

Ottawa SkyHawks looking to fill more seats with venue change

From Kanata to Gatineau. Fans asking for more central venue for games: Team owner

JOE LOFARO
joe.lofaro@metronews.ca

Brampton A's Jameson Tipping dribbles low and away from flying SkyHawk Ryan Anderson during a Dec. 11 game at the Canadian Tire Centre. MIKE CARROCCETTO/FOR METRO

Two Ottawa SkyHawks Monday home games will move from a venue with a capacity of 20,000 seats to one with approximately 350 as the team looks for ways to attract more fans.

Team owner, Gus Takkale, said the Jan. 27 and Feb. 24 games will move from the Canadian Tire Centre in Kanata to the Cégep de l'Outaouais in Gatineau.

The move comes after some "not so good turnouts" at the CTC in the first half of the regular season, Takkale said in an interview with Metro Sunday.

"It depended on the day of the week that we play. The last Sunday game we had in December we had over 2,000 people," he said. "And then you have a weekday game on a Wednesday that we could have not even a thousand people there."

The Gatineau college was very welcoming to the SkyHawks and the team's owner said he might consider arranging scrimmages outside the regular season in other schools and universities. Talks are also ongoing with Carleton University and the University of Ottawa to see if NBL games can fit in their busy schedules, he added.

The team asked fans mid-season for feedback on what the team should do differently and a common theme was to move games to a more central, accessible location.

"And similarly other themes were about why don't you go do things at the universities itself."

The Cégep, located at 333 Boulevard de la Cité des Jeunes, about 8.9 kilometres from downtown Ottawa, will be a much smaller, "more intimate" venue for fans, Takkale added.

"It's a Monday night game so we don't expect so many people to come out to CTC. I'm sure a lot of the university students (are) excited about it," he said.

On Jan. 27, Ottawa will host the London Lightning and on Feb. 24 the SkyHawks will play the Windsor Express. Both games start at 7:30 p.m.

Management will spread the word out about the venue change via email and its social media channels and is asking ticket holders to take notice.

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Hundreds fundraising for Jeffrey Baldwin statue

Five-year-old Jeffrey Baldwin has been dead for more than a decade, but a long-awaited coroner's inquest has sparked renewed horror about his severe starvation, even for those who had never heard of the neglected boy.

Jeffrey wasted away to the weight of a baby, locked in his cold, urine- and feces-stained bedroom in the Toronto home of this grandmother, his Catholic Children's Aid Society-approved guardian, the inquest heard.

Jeffrey died on Nov. 30, 2002, weeks shy of his sixth birthday, and though more than a decade has passed, a coroner's inquest into his death has once again brought his tragic tale to the attention of people across the country and around the globe.

Todd Boyce, a father of four and government IT worker in Ottawa, doesn't recall reading about Jeffrey's story when the boy died or when his grandparents were convicted of second-degree murder in 2006. But when the coroner's inquest began in September he just couldn't get it out of his mind.

"For a little boy to be so lonely, neglected and abused, to be hurt that much for such an extended period just really affected me," he said.

Jeffrey Baldwin COURTESY OF OFFICE OF THE CHIEF CORONER FOR ONTARIO

As the inquest draws to a close, Boyce wants to make sure Jeffrey isn't forgotten. He is raising money to have a statue of Jeffrey built at the site of an existing memorial, currently consisting of a bench and a tree, in Greenwood Park, near where he lived.

"It's something that's permanent. So, many, many years from now people will be able to observe it, read about Jeffrey's story and have them pay attention to the signs of child abuse," Boyce said.

The project is in the early stages, but artist Ruth Abernethy has already sketched out a design. Abernethy's work includes a Glenn Gould bronze statue on a bench on Front Street in Toronto and a bronze Oscar Peterson outside the National Arts Centre in Ottawa.

She has not officially signed on and Boyce had not yet raised the $25,000 he believes he needs for the project, but Abernethy called her involvement a "likelihood."

"How could you not be moved?" she said from her home in Wellesley, Ont. "It is heart-rending. I don't think there is a better phrase for it."

Boyce wants to see Jeffrey depicted in a Superman costume. Jeffrey's father, Richard Baldwin, said the little boy was very energetic and loved the superhero.

Hundreds of people have donated to Boyce's fundraising effort on the website indiegogo.com, now at more than $16,000. The campaign expires Tuesday. THE CANADIAN PRESS

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'Jury issue.' Judge declares mistrial in HIV non-disclosure case

An Ottawa judge declared a mistrial Friday in the case of a gay man who allegedly failed to disclose his HIV status to a sexual partner.

Jury deliberations had begun the previous day for the case of Elliott Youden, 32, who is accused of aggravated sexual assault for allegedly having unprotected sex and neglecting to disclose his HIV status.

But the case may have to go through another trial, at the request of the Crown.

Crown lawyer David Elhadad told reporters that a "jury issue" led to the mistrial, but couldn't comment further.

Defence lawyer Ian Carter told Justice Robert Maranger that it was an "unusual situation."

A new court date has been set for Feb. 7. Dates for a retrial might be scheduled that day.

Youden has pleaded not guilty to the charge and said he had told his 25-year-old partner that he had HIV. The complainant's name is protected by a publication ban.

The two had met online in the summer of 2010. The 25-year-old allegedly agreed to go to Youden's apartment for a massage. The massage turned into sex and the complainant alleges Youden didn't use a condom or disclose his HIV-positive status.

Youden denied the accusations and testified the allegations were a reprisal for him refusing to pay the complainant for sex.

LUCY SCHOLEY/METRO

On the web

For more local news visit metronews.ca

Sex assault. Police want lawyer to face charges

Ottawa police say they believe a defence lawyer who is a suspect in an alleged sexual assault on a minor may have fled the country.

Police say they began investigating after receiving a complaint in July 2013. An arrest warrant was issued Friday for John David Coon, 49, who worked as an associate with the Ottawa-based law firm Addelman Baum Gilbert LLP.

Coon is facing charges of sexual assault, invitation to sexual touching, and sexual interference.

Police are asking the public for information on his whereabouts.

"The Ottawa police is confirming that Mr. Coon practiced family law in the Ottawa area for many years," police said in a news release. "There are concerns that there could be further victims."

Coon was called to the bar in 2006 and was hired by the firm in 2011.

In a statement to media, the firm said Coon had stopped working at the company in late 2013 and it was the understanding of the firm that Coon would be leaving the practice of law.

Anyone with information about this incident is asked to contact Ottawa Police Acting Sgt. Patricia Urquhart at 613-236-1222 extension 5424 or phone Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477.

JOE LOFARO/METRO

A screenshot of a cached website image from the law firm where John David Coon used to work.

ABGOTTAWA.COM/ASSOCIATES/JD-COON

Barrhaven

Four homeless after house fire

Four people were displaced from their Barrhaven home after an overnight fire on Sunday, Ottawa Fire Services said. A neighbour called 911 after seeing flames coming from the basement and into the kitchen at 112 Ashmore Dr. Officials said no one was home. The blaze caused an estimated $360,000 in damages.

JOE LOFARO/METRO

Gatineau

Cops make drug, firearm arrest

A Gatineau man police allege may be linked to a street gang is facing charges related to firearms and narcotics. Mishaal Alshammiry, 25, was due to appear in court Friday afternoon on one charge of possession of narcotics, one charge of possession of property related to crime and four counts of firearm-related charges. Police called it a high risk" arrest. LUCY SCHOLEY/METRO

Ottawa area

Beware of frostbite

Ottawa Public Health is warning residents that a frostbite advisory is in effect during the entire workweek in the Capital region as temperatures are expected to drop well below freezing. Highs are forecast to reach mid to high teens below 0 C. Today is expected to reach a low of -24 C with a high of -15 C and winds of 20 km/h.

JOE LOFARO/METRO

Samaritan as victim

911 call ends with a twist

A man ended up stranded under a bridge after he called 911 to report a person in the river. A man had reportedly been going in and out of the water near Hog's Back Bridge. Police and paramedics eventually found the caller under Heron Road Bridge. An Ottawa Fire Services spokesman said there was only ever one victim.

LUCY SCHOLEY/METRO

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Putin tries reassurance but trips over gay issue

Sochi. President reiterates official stance there will be no discrimination against gays at Olympics

Russian President Vladimir Putin has offered new assurances to gay athletes and fans attending the 2014 Sochi Winter Olympics next month. Yet he defended Russia's anti-gay law by equating gays with pedophiles and said Russia needs to "cleanse" itself of homosexuality if it wants to increase its birth rate.

"There are no fears for people with this nontraditional orientation who plan to come to Sochi as guests or participants," Putin declared.

Putin refused to answer a question on whether he believes that people are born gay or become gay. The Russian law, however, suggests that information about homosexuality can influence a child's sexual orientation.

He said the law was aimed at banning propaganda of homosexuality and pedophilia, suggesting that gays are more likely to abuse children.

The law on propaganda has been used to justify barring gay pride rallies on the grounds that children might see them. This has raised the question of how athletes and fans would be treated for any gay rights protests during the Olympics. When asked about this by the ABC TV channel, Putin said protests against the law itself would not be considered propaganda.

THE ASSOCIATED PRESS

A Russian gay rights activist walks along a police line during a rally on a Moscow boulevard on Sunday. ALEXANDER ZEMLIANICHENKO/ THE ASSOCIATED PRESS

China

790,000 fake ID records found in police database

Police in China have discovered 790,000 fake ID records in their system, which can be used to gain benefits, hide assets and circumvent property ownership restrictions.

The records that included people registering with different details came to light when police used image matching technology, the Ministry of Public Security said Sunday. THE ASSOCIATED PRESS

Britain

Councilman blames floods on gay marriage law

The British far-right United Kingdom Independence Party has suspended local councilman David Silvester who blamed recent severe flooding on the U.K. government's legalization of gay marriage.

The party initially defended Silvester but suspended him Sunday for defying instructions not to give further interviews.

THE ASSOCIATED PRESS

Orthodox Christians take Epiphany dip in Belarus

A man crosses himself while bathing in the ice cold water during Orthodox Epiphany celebrations at a lake in the village of Zadomlya, Belarus, Sunday. Thousands of Belarusian Orthodox Church followers plunged into icy rivers and ponds across the country to mark Epiphany, cleansing themselves with water deemed holy for the day.

SERGEI GRITS/THE ASSOCIATED PRESS

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Harper hailed as 'a great friend of Israel' during lavish welcome

Mideast trip. PM will address Knesset, meet with the president of the Palestinian authority and also visit Jordan during his six-day visit

Details

- Harper is travelling with six cabinet ministers, a senator, 30 business executives, 21 rabbis and a priest.
- He will be the first Canadian prime minister ever to address the Knesset.

Prime Minister Stephen Harper meets with Israeli Prime Minister Benjamin Netanyahu in Jerusalem on Sunday. While in the Middle East, Harper will visit Israel, the West Bank and Jordan. SEAN KILPATRICK/THE CANDIAN PRESS

Prime Minister Stephen Harper basked in a hero's welcome in Israel Sunday as he arrived for his inaugural visit to the Middle East, taking in a mountaintop view of Old Jerusalem before his Israeli counterpart literally rolled out the red carpet.

Harper is "a great friend of Israel and the Jewish people," Prime Minister Benjamin Netanyahu said at an elaborate welcome ceremony for Harper held inside a tent pitched outside his office that featured the two leaders reviewing an honour guard as a military band played. The two men greeted a receiving line of high-ranking Israeli and Canadian ministers, diplomats and rabbis from both countries. Netanyahu told the reception that Harper has shown "great moral leadership" in fighting terrorism and taking a stand against anti-Semitism and Iran, telling Harper he's "shown courage, clarity and conviction."

After beaming through Netanyahu's praise, Harper strode to the podium to say he was delighted to be in Israel, adding he'd save further comments for his speech to the Knesset, Israel's parliament, on Monday.

That historic address comes after Harper travels to Ramallah for a meeting with Palestinian Authority President Mahmoud Abbas. He'll also visit Jordan at the end of the six-day visit.

THE CANADIAN PRESS

Politics of marijuana

Pot a 'waste of time' but no more dangerous than alcohol: Obama

U.S. President Barack Obama said he doesn't think marijuana is more dangerous than alcohol "in terms of its impact on the individual consumer."

"As has been well documented, I smoked pot as a kid, and I view it as a bad habit and a vice, not very different from the cigarettes that I smoked as a young person up through a big chunk of my adult life. I don't think it is more dangerous than alcohol," he said in a New Yorker interview with The New Yorker.

Smoking marijuana is "not something I encourage, and I've told my daughters I think it's a bad idea, a waste of time, not very healthy," Obama said.

Obama's administration has given states permission to experiment with regulation, and laws in Colorado and Washington legalizing pot recently went into effect. THE ASSOCIATED PRESS

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Landowners plot death of Keystone

Nebraska. Anti-pipeline coalition all smiles after John Kerry shoots down Canada's plea for speed

Majority

Landowners in nearly every state on the pipeline path have already signed deals with TransCanada, the company spearheading the Alberta-to-Texas project.

- Even two-thirds of those in Nebraska have agreed to terms.

Nebraska pipeline opponents toasted news over the weekend that the Canadian government might be kept waiting longer for a decision on the Keystone XL project.

A group of anti-pipeline landowners discussed strategy at a fairground near the epicentre of the Keystone battle.

The holdouts are suing their state government, seeking to overturn a bill that allows the governor to force them to let TransCanada use their land.

Should they be forced to settle, they hope to extract better contract terms.

However, the landowners are also training a steady gaze on Washington in the hope the U.S. government simply rejects the long-delayed project.

They loved what they saw last week, as U.S. Secretary of State John Kerry slapped down a Canadian request for a decision soon.

He made the remarks while standing next to Canada's foreign affairs minister, John Baird, who had used a three-day trip to Washington to express exasperation over the project's repeated, years-long delays and demand a decision in time for the 2014 construction season.

One activist called that reaction significant.

She said Kerry, who was known as a climate-change fighter when he was a congressman, had been pretty quiet on Keystone since he took over the department leading the regulatory process.

"He has actually been silent on the issue. So the first time that we've actually heard from him was this week — so it was huge news," said Jane Kleeb, a longtime Democratic party activist who is working to organize landowners against the project.

"That was really reassuring to us. Because we think the proper water studies haven't been done. There's a whole list of things."

THE CANADIAN PRESS

Protest marred by grenades

Anti-government protesters block traffic during a march in Bangkok. Two explosions shook an anti-government demonstration in Thailand's capital on Sunday, wounding at least 28 people as the nation's volatile political crisis drags on. JOHN MINCHILLO/THE ASSOCIATED PRESS

Egypt

'Slaughter' remark misunderstood?

A former Egyptian lawmaker who threatened on a popular TV show that Americans would be "slaughtered in their homes" if an attempt is made on the life of the country's military chief recanted on Sunday, saying his comments were misconstrued.

Mostafa Bakry, a well-known journalist with close ties to the military, based his Jan. 13 comments on what he called a conspiracy led by the U.S. to assassinate Gen. Abdel-Fattah el-Sissi.

THE ASSOCIATED PRESS

Chemical weapons

Israel pulls plug on gas masks

Israel has decided to stop issuing gas masks to the public after concluding the threat of chemical attack is low.

Just a few months ago, Israelis were rushing to distribution centres after chemical weapons were fired at rebel-held areas in neighbouring Syria.

THE ASSOCIATED PRESS

Lottery News
Winter 2013/2014
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Anti-protest laws in Kyiv lead to clashes with police

New mass disorder charges invoked. Ukrainian ministry says convictions could bring prison sentences of up to 15 years

Thousands of anti-government demonstrators clashed for hours with riot police in Ukraine's capital Sunday, attacking officers with sticks, stones and flares after new laws were passed to stifle protests. Dozens of people, including more than 20 police officers, were injured.

The protesters, many wearing hard hats and gas masks in defiance of the new legislation, also used stun grenades and fire extinguishers on officers. A police bus was set on fire, and some activists broke pavement into chunks.

Police responded by using tear gas and stun grenades of their own. Water cannons were also fired at the protesters in temperatures of -8 C, but the clashes continued.

The violence seriously escalated Ukraine's political crisis, which erupted two months ago after President's Viktor Yanukovych's decision to freeze ties with the European Union and seek a huge bailout from Russia.

The decision set off round-the-clock protests in Kyiv's centre, where demonstrators built a large tent camp. The protests have been mostly peaceful, but anger rose sharply after Yanukovych on Friday approved laws sharply limiting Ukrainians' rights to protest, civic activism and free speech. The U.S. called that legislation "undemocratic."

THE ASSOCIATED PRESS

Opposition leader and former WBC heavyweight boxing champion Vitali Klitschko, centre, is attacked and sprayed with a fire extinguisher as he tries to stop the clash between police and protesters in central Kyiv, Ukraine, Sunday.

EFREM LUKATSKY/THE ASSOCIATED PRESS

Moscow

Video posted by militant group threatens the Sochi Olympics

An Islamic militant group in Russia's North Caucasus has claimed responsibility for twin suicide bombings in the southern city of Volgograd last month and posted a video threatening to strike the 2014 Winter Olympics in Sochi. There had been no previous claim of responsibility for the bombings, which killed 34 people and heightened security fears before next month's Olympics. In the video, two Russian-speaking men sitting in front of black banners with Arabic verses warn President Vladimir Putin that if the games are held, "we will give you a present for the innocent Muslim blood being spilled all around the world." They add that "for the tourists who come there will be a present too." The video was posted Sunday on the website of the militant group Vilayat Dagestan.

THE ASSOCIATED PRESS

If you are, an opportunity is now available to be part of a clinical research study.

Allergic rhinitis is a common reaction to allergens like dust mites. It can cause a number of annoying symptoms like itchy or runny nose, sneezing, irritated eyes, ears and sinuses. If you are one of the many people who live with allergic rhinitis, you may be eligible to participate in a clinical study of a new investigational therapy.

To be eligible for this study, a participant must:

- Be between the ages of 18 and 55
- Be generally healthy
- Have a history of persistent or intermittent allergic rhinitis and a positive allergy test to dust mites or other defined allergens

Women who are capable of becoming pregnant are not eligible for this study. People who smoke will also be excluded.

Qualified participants will receive study drug or placebo (an inactive substance) and study-related care at no cost. You will also be compensated for your travel expenses.

If you or someone you know has allergic rhinitis and would like more information about this study contact: Ottawa Allergy Research, Ottawa ON – 613-725-2102 Ext 248

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Buyer beware: The bitcoin bonanza

HOW TO ROLL
Alison Griffiths
metronews.ca

Is it currency, speculation, a black market tool or an investment? Bitcoins are actually all four. For those who bought the cyber- or crypto-currency in 2011 at $0.30 US per unit, or even early last year when the price had jumped to $13, it's been a whale of a deal. Today, a single bitcoin is worth $866 US ($949 CAN).

Some merchants are attracted to bitcoins because transaction fees are lower than with credit cards. Another virtue is that they can be converted to local currency within 24 hours, which may appeal to travellers (changing currency can be an expensive nuisance, and using a Canadian credit or debit card in other countries racks up exchange fees).

Many traditional merchants are now advertising that they accept bitcoins in a push to draw customers. However, if digi-money takes hold, it will likely be through online retailers such as recent convert Overstock.com.

A recent Montreal Economic Institute paper noted that because bitcoin is both a payment method and currency, it could become an international platform for many banking services.

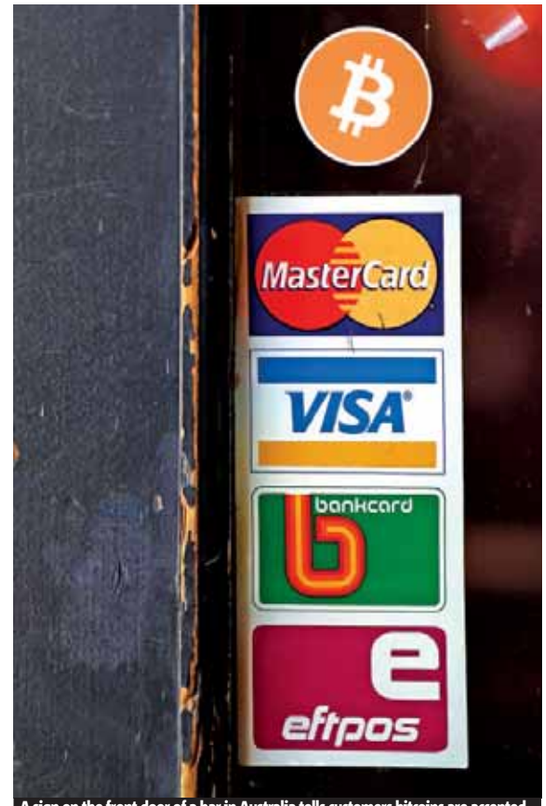
Still, without government oversight to reduce speculation, volatility and fraud, bitcoins are too easily tainted. Thefts of the digital money, which have been on the increase worldwide, and the 2011 shutdown of the illicit drug site Silk Road cast a pall over the currency.

Nonetheless, there are predictions that a single unit will be worth as much as $100,000 one day soon. If you dip your toe in, recognize that the bitcoin world is still high-wire risky.

Risky business

Buy the cyber-currency at your own risk.

- While physical bitcoins exist, they're mainly for collectors. A bitcoin wallet is like a virtual bank account with token-like credits purchased for cash. There is no personal identification attached to the wallet, just a bunch of computer codes.
- The currency is available through an increasing array of bitcoin exchanges or in private transactions where a bitcoin holder transfers them into your "wallet" in return for payment.
- There are now bitcoin ATMs popping up across Canada (in Toronto, Vancouver and Ottawa, with more on the way) where cash gets you digital dough.
- If lost, stolen by hackers or left on your recycled old smartphone or tablet, kiss the currency goodbye.



A sign on the front door of a bar in Australia tells customers bitcoins are accepted. Many merchants are embracing the digital-currency craze. GETTY IMAGES FILE

A dream derailed. Streets named after MLK struggle to rise above urban blight

A walk down the 10-kilometre city street named for the Rev. Martin Luther King Jr. yields plenty of images that would surely unsettle the civil rights leader: shuttered storefronts, open-air drug markets and a glut of pawn shops, quickie cheque-cashing providers and liquor stores.

The urban decay along Dr. Martin Luther King Jr. Drive in St. Louis can be found in other major American cities, from Houston and Milwaukee to Washington, D.C.

"It's a national problem," said Melvin White, a 46-year-old postal worker in St. Louis and founder of a three-year-old non-profit group that is trying to restore King's legacy on asphalt. "Dr. King would be turning over in his grave."

Nearly three decades into the observance of Monday's U.S. federal holiday honouring the slain civil-rights leader and Nobel Peace Prize laureate, the continuing decline of the most visible symbols of King's work has White and others calling for a renewed commitment to the more than 900 streets in the U.S. named in the Atlanta native's honour.

THE ASSOCIATED PRESS

Melvin White walks past a boarded-up building during a tour of Dr. Martin Luther King Jr. Drive in St. Louis last week. JEFF ROBERSON/THE ASSOCIATED PRESS

Mined controversy

Neil Young wraps up anti-oilsands concert series

Singer Neil Young did not accept an invitation from a petroleum producers group to meet before his final concert to raise money for opponents of Alberta's oilsands Sunday.

His Calgary performance followed stops in Toronto, Winnipeg and Regina where Young dropped statements about the oilsands that many denounced as over-the-top.

THE CANADIAN PRESS

Interest rate news

Loonie's nosedive could continue

The Canadian dollar, already the worst performing primary currency, could be in for even more downward pressure depending on what the Bank of Canada has to say at its next scheduled interest rate announcement on Wednesday.

There is no doubt the central bank will keep its key rate at one per cent, where it's been since September 2010.

THE CANADIAN PRESS

People from normal childhoods with normal lives don't end up homeless. Dave disagrees.

(Dave, in shelters for 12 years)

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YOUR CALL IS BEING DISCONNECTED...

URBAN COMPASS

Steve Collins
ottawa@metronews.ca

I'll admit my attitudes to online commerce fall somewhere between "extremely conservative" and "uncomprehending caveman."

So when I got email notification of a couple of e-transfers — as I understood it, the cash was waiting for me somewhere on the Internet, wadded into the tubes next to the latest Anonymous manifesto — I momentarily froze. I wasn't set up for online banking, which makes me break out into a Luddite sweat. They might as well have been proposing to pay me in ringgits or glass beads.

My solution, as usual, was to trudge down to the bank and have a real live teller walk me through this newfangled e-banking thing that everybody else has been using since last century. She was incredibly helpful, sweet, patient, reassuring. And of course she's about to retire.

When a human's not available, I'm at least ATM-capable. I popped into one branch this week where a sign informed customers that until March, there will be no access to the bank machine enclosure between 10 p.m. and 6 a.m., somewhat defeating the machine's purpose as I saw it.

I asked why and another of the bank's excellent, friendly humans explained that it was a matter of customer safety: too many incidents in the vicinity at night, including fights.

It's true the neighbourhood's known for a certain amount of nocturnal stupidity. Still it's odd this safety concern ends in March, along with the worst of winter's extreme cold.

These little shelters, after all, not only shield bank customers from the elements, but, in a pinch, people with nowhere else to go. While nobody's ever precisely delighted to see some poor bugger and his belongings camped out at the ATM, it's preferable to him losing toes or worse when the temperature dives.

Banks never intended their vestibules to be used as emergency shelters, but they've doubtless saved some lives anyway. It's an unintended, uncompensated service they'd rather not be providing, and possibly the real reason some ATMs are locked down at night.

Meanwhile, Bell Canada increasingly finds itself in the position of trying to get out of providing a once-profitable public service, the pay phone.

Pay phones are increasingly seen as a relic when some 80 per cent of Canadians have cellphones, but are still vital to the shrinking and marginal minority who don't and to anyone who forgets their phone or has their battery die at the wrong moment. They're obsolete until you need one.

In July, Bell failed to get CRTC permission to double the price of a cash call from 50 cents to $1. The price hike was necessary, the company said, to offset shrinking revenue and keep them from pulling more pay phones off the streets.

The CRTC noted that the last 100 per cent price increase, however, from 25 cents to 50 cents in the not-so-distant past of 2007, hadn't stop the phones from disappearing at a clip. In 2008, there were 94,800 left across the country. The CRTC estimates we have about 70,000 now.

We don't always notice incidental public goods furnished by the private sector — the mall food court as meeting place and study hall, for example — until business imperatives dictate their disappearance.

ZOOM

Yet another weird festival in Spain

BLAZQUEZ DOMINGUEZ/GETTY IMAGES

This one involves throwing turnips

A man throws a turnip at the Jarramplas as he makes his way through the streets beating his drum during the Jarramplas Festival on Sunday in Piornal, Spain.

The centuries old Jarramplas festival takes place annually every Jan. 19-20 on Saint Sebastian Day. Every year one citizen is chosen to be the scape goat, and participants then hurl turnips and snowballs at them. This year they expect to use more than 20,000 kilograms of turnips.

Even though the exact origins of the festival are not known, various theories exist including the mythological punishment of Caco by Hercules, a relation to ceremonies celebrated by the American Indians that were seen by the first conquerors, to a cattle thief ridiculed and expelled by his village neighbours.

It is generally believed to symbolize the expulsion of everything bad.

GETTY IMAGES

Clickbait

LUKE SIMCOE
Metro Online

Back in the days of dial-up modems and cellular phones the size of bricks, people had to rely on their own willpower to break bad habits like smoking or tardiness. Fortunately, in our disruptive, technologically-enabled world, we can now get an assist from our smartphones when tackling character flaws and other foibles. Whether you suffer from vertical-video syndrome or can't stop hitting the snooze button, here are a few app suggestions for self-betterment:

Carrot:

Billed as a sentient, talking alarm clock, Carrot is more like a surly version of Apple's Siri. Carrot will reward you for completing tasks on your to-do list, but the app isn't afraid to berate you if it thinks you're slacking off. (meetcarrot.com)

Horizon:

Vertical video syndrome, or VVS for short, is the scourge of amateur videographers and YouTube fans alike. Fortunately, the viral video faux-pas has met its match in Horizon, a new app that forces your camera to shoot horizontal video no matter how you hold your phone. (evilwindowdog.com/horizon)

Walk Up:

This handy iPhone app helps you beat back the allure of the snooze button. Using the phone's built-in accelerometer, it forces you to walk a few steps before it shuts off. It helps that the app's alarm noises are restricted to a screaming male or female voice. (iTunes store)

CONTRIBUTED

Twitter

@metropicks asked: What do you think of the redhead in the new Wendy's commercials? Love or hate her?

@fakeGAINER: All "No Smoking" signs come down when she's dining in because she is SMOKING hot baby! #wendys #hotredhead

@phronk: I'd say @MsMorganSmith is my favourite person in television.

@sakuragirl13: All I know is that I've NEVER seen her take an actual bite of the food she's holding...

Follow @metropicks and take part in our daily poll.

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When you're the woman for Wendy's

Morgan Smith.
Actress who plays chain's red-headed spokeswoman thinks gingers need to be given more credit

CYNTHIA BIGRIGG
scene@metronews.ca

Morgan Smith is the perky redhead in the Wendy's commercials. CONTRIBUTED

What has red hair, freckles, is quick to burn in the sun and lacks a soul?

If you answered "a ginger," the new Wendy's girl wants you to reconsider.

"I think redheads get a lot of attention because they're few and far between," said actress Morgan Smith, star of the Wendy's commercials and a natural dark blond.

"They're kind of like the unicorns of modern day society.

"I don't want to seem hypocritical, because I'm not a natural redhead," she added.

"I think we have to give them a bit more credit and stop picking on them, because they are fascinating creatures."

The 29-year-old small-town Alabama native credits Danny Kaye, Judy Garland and Lucille Ball — all red-haired actors — with inspiring her to get into acting.

"I was four years old, acting out the Wizard of Oz in our living room, so my love for it started then," said Smith.

Admittedly shy as a child, Smith discovered at an early age that acting brought her out of her shell and gave her a way to express herself.

With three red-headed performers as role models, it's little wonder Smith jumped at the opportunity to colour her locks a fiery red and become an honorary ginger for her role in the most recent Wendy's commercials.

In the commercials, Smith plays a sassy, fun, good-natured young woman, enticing everyone from her co-workers to strangers in a grocery store to try Wendy's products. Her humorous and likeable character has captivated audiences across North America.

"It was a big job," Smith said of the audition process. "I never thought: 'Oh, I got this.' I was just crossing fingers and toes and hoping that I was able to do my best there.

"It's given me a ton of exposure.

"You have to be forever grateful and very flattered when a company will trust you with their brand.

"So I don't take it lightly."

With the commercials Smith stars in being heavily circulated, she has received big-time attention — positive and negative — online.

Websites idolizing the actress are abundant, but others, such as the 'I hate the Wendy's Girl' Facebook page, are also prevalent.

"I try not to let it affect me at all. I try to just live my life like the same ol' Morgan," the actress said of the sites that are dedicated to her.

"I had no idea people would be so opinionated over a 30-second ad. I think the Internet has given people a forum to say whatever they want without consequence.

"If that's something they want to put their time into, I appreciate the positive, and I'll take the negative with a grain of salt," she said.

"I know it's out there, I'm well aware.

"Nobody is universally liked, so it's all about perspective."

Mum's the word on what is next for the actress.

"I'm still working on some other stuff," she said.

"Some really interesting things have presented themselves, we're just looking for the right opportunity."

Small-town Smith

- **Morgan Smith says she always knew she wanted to move to New York City and perform.** Despite years of preparation, culture shock still struck when she arrived in The Big Apple. "It was a bit intimidating. I don't think there is anywhere else in the United States where you are surrounded by as many people as you are on a New York subway platform." Fortunately, she's been able to put her small-town values to good use in the big city. "Living in a small community where everyone is very connected, everyone knows each other – that has just kept me grounded. That's the one thing I could apply when I got up here, not getting sucked into the craziness of the city."

Opinion

Morgan Smith has become a bit of an Internet star. CONTRIBUTED

On the web of fame...

In 2012, documentarians Ian Roumain and Michael Schwartz featured 16 lesser-known male actors who worked in film for a long time. You wouldn't know their names, but you have — without question — seen their work, recognizing them as, That Guy ... Who Was In That Thing (also the name of the documentary). You might have the same reaction if you ran into Morgan Smith, the current face of Wendy's advertising campaigns. But, here's the thing: she's also Internet famous. Anyone can publish an opinion online, and they're talking a lot about Smith, predominantly known for pimping burgers and fries in 30-second spots for Wendy's. Diatribes like An Open Letter To Wendy's, on the Advertising By Design blog, feature a 500-plus word essay from Meagan McNulty on why Smith just isn't working for her, while PolicyMic has an article titled 3 Reasons Why Dating the Wendy's Girl Would Suck. If you're wondering why so many have so much to say about Smith, look no further than Arianna Huffington's take on why The Huffington Post's popularity continues to grow: "Self-expression is the new entertainment," she says. People have always had an innate desire to express their views and the Internet made it happen. In a world where everyone is a publisher, those 30-second spots are getting Smith (and others) more than their 15 minutes of fame.

MITCH JOEL IS PRESIDENT OF TWIST IMAGE AND AUTHOR OF SIX PIXELS OF SEPARATION. HIS NEW BOOK CTRL ALT DELETE IS IN BOOKSTORES NOW.

Pop Goes the Week

Ke$ha and mom spend time together

STARGAZING
Malene Arpe
scene@metronews.ca

Ke$ha's mother checked into the same rehab as her daughter. "Well, good," said the rehab counsellor. "There's one less pesky issue I have to waste my time getting to the bottom of."

Oprah is apparently shocked and surprised that working with Lindsay Lohan has been difficult. Staying informed: apparently not one of Oprah's favourite things.

While ex Robin Wright got engaged to Ben Foster, Sean Penn made out with Charlize Theron and Robin and Sean's daughter Dylan was seen canoodling with Steven R. McQueen (who is, FYI, the grandson of Steve McQueen). Robin and Sean's son Hopper was all like, "And you wonder why I never, ever leave the house."

Jessica Simpson's sister Ashlee got engaged to Diana Ross' son Evan. Said the Wright-Penns, "That's cute. Whatevs."

Modern Family's Sarah Hyland says that Taylor Swift is "just the most down-to-earth person." "Except," she continues, "Taylor's earth is made from the ground-up, cursed bones of her ex-boyfriends. And it is, of course, covered in carpets woven of gold-thread and fake self-deprecation."

Justin Bieber's silly egging incident has clearly been blown completely out of proportion. Can't a man-boy visit his neighbour and offer him a nice, warm plate of Eggs Bieberdict without being accused of a crime?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Madonna

Madonna's Instagram quips not really in Vogue

Madonna can't seem to win when it comes to Instagram and her 13-year-old son, Rocco Ritchie. The singer is on the defensive again, apologizing for poor word choice in the caption of a photo of her son boxing. "I am sorry if I offended anyone with my use of the N-word on Instagram. It was not meant as a racial slur. I am not a racist," she said in a statement over the weekend. "There's no way to defend the use of the word. It was all about intention. It was used as a term of endearment toward my son, who is white. I appreciate that it's a provocative word and I apologize if it gave people the wrong impression. Forgive me."

Dennis Rodman

First North Korea, then rehab

This might explain some of his more outrageous recent behaviour: Dennis Rodman has checked himself into an East Coast rehab facility to treat his alcoholism, according to CNN. Rodman, who has been in the news for his goings-on with North Korean dictator Kim Jong-un, most recently exploded at a CNN reporter during a live interview, and he later blamed his actions on his drinking.

Joe Jonas ALL PHOTOS GETTY IMAGES

Burnin' Up L.A. streets as a cab driver

In today's edition of "One-Time, Sort-of Celebrities: Where are They Now?" Joe Jonas is currently driving a taxi in Los Angeles. For real. It seems Joe couldn't rest on the laurels of any Jonas Brothers residuals (probably because there aren't any) after the boy band broke up a few months back, and had to get a real job — a real job driving an Uber cab in L.A.

Twitter user @lindseyfarwell and some friends ordered a cab through the popular Uber taxi app last Thursday and got the mild surprise of a lifetime when the driver of their cab turned out to be the one-time boy band star.

Johnny Depp

Have you Heard?

While Johnny Depp shared 14 years together — and two children — with Vanessa Paradis, he always maintained marriage wasn't that important to him. "I never found myself needing that piece of paper," he told Extra in 2010. Well, apparently he's changed his tune, as Depp has reportedly proposed to girlfriend Amber Heard, according to People magazine. "They couldn't be happier to be engaged and excited to share the rest of their lives together," a source says. Depp and Heard, who met while filming The Rum Diary, went public as a couple shortly after he split from Paradis in 2012. Depp was married once before — briefly, at age 20.

Travel Tidbit

Trip, interrupted

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Extreme weather conditions across the country have resulted in record numbers of airport shutdowns, cancelled flights and disgruntled travellers scrambling to salvage their anticipated vacations.

Throw in a family member with the flu and justifying the purchase of trip interruption or cancellation insurance becomes easy.

Prices vary, but usually this type of insurance has a reasonable cost compared to the potential lost value of the vacation. Let's see.

Coverage: trip cancellation (for medical reasons), trip interruption, meals and accommodation, (trip) transportation, missed connection benefit, travel delay (per day max.), delays of your scheduled carrier, next occupancy. Coverage can vary so check your insurance provider's policy.

Cost: Depending on the price of your trip, where you are travelling, and what you choose to cover within the policy. It is typical for the insurance company to cap the value of your vacation at a certain amount.

Where to buy it: It can be as easy as going online. Visit pcinsurance.ca to get a quick quote, and purchase insurance immediately. Out of country medical is also offered. KATHY BUCKWORTH IS THE AUTHOR OF I AM SO THE BOSS OF YOU.

Exclusively online

Read the latest Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, bestselling book Reasons Mommy Drinks at metronews.ca/voices.

Teens baring their souls online

Mental health. From YouTube videos to tweets, teens are sharing thoughts and feelings with strangers. But is that a good idea?

As more teens share personal issues online, experts warn them to be cautious in what they reveal. ISTOCK

Chiara de Blasio helped get her dad elected mayor of New York City. But recently, the 19-year-old did something else: She bared her soul on YouTube about her battle with depression and substance abuse. The idea, she said, was to urge others to get help.

Today's teens are notorious over-sharers on social media, but does Chiara's revelation symbolize something else? What inspires young people to publicly disclose their depression, drinking and drugging, eating disorders or struggles against suicidal thoughts?

"I think in general that it's healing for people to be honest. I also think in the admissions context that it's very challenging and problematic. I would advise a child to go very gingerly," said Carol Barash, founder and CEO of Story to College, a Manhattan-based non-profit that has worked with thousands of students on how to shape personal narratives for college essays and scholarships.

"There's a difference between telling your friends and the whole world," she added. "Most kids don't have a PR team to help them through what could happen (and) all the fallout from doing that brave, courageous thing."

Something between 13 and 20 per cent of kids and adolescents in the U.S. aged three to 17 experience a broad range of mental disorders in a given year. Those numbers appear to be increasing, according to a recent report from the Centers for Disease Control and Prevention, which looked at data over multiple years from multiple sources.

Suicide, for youth aged 12 to 17, was the second leading cause of death in 2010, the report said.

"We are seeing more public disclosure," said Cheryl Rode, senior clinical director for the non-profit San Diego Center for Children, which is under contract to provide services through San Diego County.

"Some of it is because of the movement of social media but some of it is also within the field of mental health. There's a large focus on stigma reduction," she said. "Many teens feel like they're the only ones experiencing whatever it is they're going through, and so when others are speaking up, it makes it a little bit safer. Talking about mental health is really important."

But talking to whom? That, she said, is an "individual and personal decision" that should definitely include parents.

"Most kids, when they're sharing, are sharing more impulsively," Rode said. "I would not say parents should encourage publicizing to a mass audience their youth's mental health status. You lose control of it. Disclosing in a more limited personal way is a better way of building support."

While trying to lessen stigma over mental health diagnoses and substance abuse, Los Angeles child and adolescent psychiatrist Anandhi Narasimhan also cautions that public disclosure remains risky for young people, especially when "coming out" at school or in the college admissions process.

"It depends on the admissions committee and who reads the essay. You just don't know," she said.

THE ASSOCIATED PRESS

Talking breast cancer

EMILY LAURENCE
Metro World News in New York City

It's safe to say that pretty much every pre-teenage girl is self-conscious about her bra size, and doesn't want to talk about it.

Any discussion with the word "breast" is likely to make your daughter squirm with discomfort, but if having such discussions about breast cancer helps lower her risk of being among the one in eight women diagnosed with it, then they are definitely worth having.

The advocacy group Nourish Our Girls teamed up with the snack SuperSeedz to educate adolescents on how they can reduce their risk of getting breast cancer later in life. Their research has found making smart food choices is key.

"It is almost unbelievable that there is so little awareness about just how critical early diet and nutrition can be in reducing breast cancer risk," says nutritionist Nicole Larizza.

Establishing good eating habits early in life is crucial, which has obvious benefits that extend beyond lowering one's risk of developing breast cancer.

Talk with your daughter about how making healthy choices when it comes to her snacks or school lunch will lower her odds of becoming a victim of the fourth leading cause of death in the U.S.

Talking about breast cancer is vital to raising awareness. ISTOCK

Duo has got the simple, silly and spellbinding down to science

Video killed the afternoon bore.
Canadian pair behind AsapScience YouTube videos stunned by enormous success

Featuring simple diagrams and oftentimes hilarious voiceovers, AsapScience's videos stimulate both the brain and the funnybone. YOUTUBE

Twenty-five-year-old University of Guelph grads Gregory Brown and Mitchell Moffit left school and started their professional lives with a goal of demystifying science for as many people as possible.

They've already succeeded far beyond their wildest dreams.

It was about a year and a half ago when Brown and Moffit launched the YouTube channel AsapScience, with a video entitled How to SEE or HEAR the Big Bang.

Neither appears on screen in the quick two-minute video, which is narrated by Moffit and illustrated by Brown with simple drawings on a dry-erase whiteboard.

AsapScience's videos weren't an overnight sensation, but soon enough, web lessons explaining the science behind overeating, weight loss, orgasms, blushing, flatulence, pornography addiction and sleeping started going viral.

"(We wanted to) reach people who might think they're not interested in science but if they really knew some of the cool stuff that was actually integrated in their own lives, maybe they'd find it interesting. So it kind of grew out of the idea of wanting to share the awesome things we had learned," said Moffit. "Trick them into learning science."

AsapScience has now racked up more than 177 million views and has more than two million subscribers, which is more than Drake and just short of Britney Spears and Jennifer Lopez.

And soon their science lessons will be seen on TV. CBC asked the duo to produce a series of sports-related videos that will air daily during the Olympics, as well as being posted to their YouTube channel.

The videos will look and sound just as they do on YouTube, with Moffit explaining the science as Brown sketches out the lesson.

"Part of the reason we think AsapScience has done so well is because it kind of stripped out the personality in a way, it became only about the topic or the subject and you didn't have to worry about who was talking to you," said Moffit.

"And with the whiteboard we're trying to make it less scary," added Brown.

"People are scared of science, it's hard. But it's fascinating, it's fun, it's totally not those things it has the (bad) reputation of being."

What started as a hobby turned into full-time work for the duo, who have hired their first staffer to help run their rapidly growing operation, based out of their Toronto home.

"It's amazing how you don't need that much to create a following like we've created," said Moffit.

"I remember hitting 10 million views and being like, 'Oh my God, that's so insane, it's just so crazy, but we'll never hit 100 million.' And now we're almost at 200 million."

THE CANADIAN PRESS

So which one was it?

- AsapScience's most popular video to date — with more than 14 million views in about a year — examines the age-old question of which came first, the chicken or the egg?

Asap co-creators, from left, Gregory Brown and Mitchell Moffit. YOUTUBE

You, you, you, oughta know

"(We wanted to) reach people who might think they're not interested in science but if they really knew some of the cool stuff that was actually integrated in their own lives, maybe they'd find it interesting."

Mitchell Moffit,
co-creator of AsapScience

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Etch out an entrepreneurial plan lest the economy eats you up

There's freedom in the freelance. Every person has a plethora of talents, so how about turning a side hobby into a cash-making side career

DAN SCHAWBEL
Metro World News

What skills have you got in your back pocket that aren't being put to good use? ISTOCK

Gone are the days when you could rely on one source of income to survive. Secure full-time jobs are scarce — the economy is too unpredictable, and there are many external factors that you can't control — like your company going into bankruptcy or eliminating your department.

Amid all this uncertainty are corporations that aren't hiring, even though they are making more money. And just because you work at a well respected company doesn't mean you're protected from unpredictable layoffs.

In this kind of employment climate, you need to have multiple sources of income.

The best way to accomplish that is by having an entrepreneurial mindset. Think about career diversification the same way you think about managing a portfolio of stocks.

If you put all of your money on one stock and it plummets, you are broke and living with your parents. On the other hand, if you invest in a series of stocks across various industries, you are more balanced. And if one tanks, you can stay afloat.

Although freelancing can be difficult, it is the easiest path to career diversification, and it's becoming more and more popular. Intuit predicts that 40 per cent of U.S. workers will be freelancers by the year 2020. With freelancing you can take on multiple clients, and if you lose one you can still survive. Aside from the benefit of freedom and flexibility, it diversifies you in a way that protects you from economic uncertainty. If you work for a big corporation, you should be doing side projects (such as freelancing) just in case you get laid off.

You can also parlay your entrepreneurial activity outside of work into a full-time job if you concentrate enough effort on it.

Diversifying your career is the smartest decision you can make because it gives you the upper hand in your career, and is your best insurance plan against things that you can't control.

DAN SCHAWBEL IS A WORKPLACE EXPERT, KEYNOTE SPEAKER, AND AUTHOR OF THE NEW YORK TIMES BESTSELLING BOOK, PROMOTE YOURSELF: THE NEW RULES FOR CAREER SUCCESS.

Casting a wide workplace net

If you put all of your money on one stock and it plummets, you are broke and living with your parents. On the other hand, if you invest in a series of stocks across various industries, you are more balanced. And if one tanks, you can stay afloat.

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Study up on saving

Cash on campus. Structures like an envelope system and spending diary create ways to curb the splurge

VICKI SALEMI
Metro World News

The good news: there's no time like the present to start getting into healthy spending habits and paying attention to your bank account right here, right now. The bad news? With an abundance of options to spend, spend, spend on campus, university life can become a ripe environment for negative cash flow.

But it doesn't have to become your story. There are several strategies to get a hold of your finances as a student. If your hall mates order out every night and you can't afford to do the same, Stacy Francis, president and CEO of Francis Financial, suggests bringing your own food to those dorm dinners. "If anyone asks," she says, "let them know that you are saving up for a special trip or purchase."

Enjoying time with your friends doesn't need to be expensive. ISTOCK

Another habit is a spending diary. Francis says this is particularly helpful when you start tracking expenses to create a budget. It's just what you think it is: Track everything you spend and then analyze the month.

Francis advises, "Review your spending patterns and figure out where you could cut costs and where you can afford more leeway." Seeing how much money's being spent on restaurants, clothes and other items could be surprising. Francis says "having a big picture view of how you spend is very effective and necessary."

Plus, you can always kick it old school. Francis suggests the envelope system. At the beginning of every month, make a budget and put specific amounts of money into envelopes that you've allotted for various categories like clothing, dining out and entertainment. As soon as the envelope is empty, it's lights out for that category. If you budgeted $200 for groceries and only use that envelope of cash for the supermarket, as soon as that $200 has whittled away, you can't spend more on groceries that month.

Toonie-saving tips

- Utilize your pre-paid meal plan.
- Use cash for everything.
- Buy used books.
- Stock up on groceries and snacks when you're home.
- Suggest less expensive ways to hang out with friends like working out instead of going to the mall.

'Round the world wisdom

The fastest members do not the quickest team make

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Desert ultra-marathons can be entered either solo or as part of a team. The race is the same for both except for the fact that teams must have at least three members, they must start and finish the race together, and stay within 10 metres of each other at all times.

Look to the turtle when your road gets rough. ISTOCK

During the Gobi's team race, less gifted runners won the battle because they acted as a single cohesive unit.

The challenges that accompany team running are obvious. At no time can you run your own race. You are constantly running at someone else's pace: whoever is weakest at that moment. Having run two deserts as part of a team, I learned that one must let go of individuality and put the team first. Although a simple concept, it is difficult to adhere when experiencing pain and suffering while your innate survival instinct of every-person-for-oneself begs you to take over.

The winning team in the Gobi race was appropriately called Team Cohesion. They had an established leadership system, conflict resolution protocols and a high level of trust. Every breakdown was dealt with according to their pre-race agreement, minimizing the emotional responses one can make when under duress.

Cohesion was a team. Almost all the other teams, some vastly superior in skill, imploded and didn't finish. They ultimately became a group of individuals unable to handle setbacks or alter their expectations of each other.

When taking on a complex team-based project, consider having a contract of expectations with each member so you can finish and possibly win together.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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Date: Wednesday January 22, 2014: 2-6 p.m.
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ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD
From your fridge to your table in 30 minutes or less

Ingredients

- 8 oz raw boneless, skinless, chicken breast
- 1/2 lb fettuccine
- 1 cup low-sodium cold chicken (or vegetable) stock
- 3/4 cup evaporated 2% milk
- 1/2 tsp Dijon mustard
- 1/2 tsp pepper
- 1 tsp finely chopped garlic
- 2 tbsp all-purpose flour
- 1/4 cup diced light cream cheese
- 6 tbsp grated Parmesan cheese
- 1 cup sliced snow peas
- 1 cup sliced yellow bell pepper
- 2 tbsp chopped fresh basil

This recipe serves four. ROSE REISMAN

Traditional Fettuccine Alfredo made with butter, cream and cheese, is better known as "heart attack on a plate". It is definitely not recommended on a regular basis due to the high calories, fat and saturated fat.

My adaptation is not only delicious but so much healthier with a fraction of the calories (410) and fat (seven grams).

My adaptation is not only delicious but so much healthier with a fraction of the calories and fat.

The sauce in this version, uses stock, evaporated milk and light cream cheese to replace the commonly used, high caloric ingredients.

I add the chicken so that you have a lean protein with your carbohydrates and make it a complete meal. You can always substitute the chicken with fish, seafood, tofu or lean beef. This keeps you fully satisfied much longer than just a pasta dish.

For an extra boost of fibre, try whole wheat pasta. It has double the fibre than white pastas.

Directions

1. In a grill pan or 400 F oven, cook the chicken breast for about 10 minutes or just until it reaches 160 F or is no longer pink. Let cool then slice thinly.

2. While the chicken is cooking, bring a large pot of water to a boil. Add the fettuccine and cook for 8 to 10 minutes or until just tender. Drain and place it in a large serving bowl. Cover to keep warm.

3. Meanwhile, in a saucepan off the heat, combine the stock, evaporated milk, mustard, pepper and garlic. Slowly whisk in the flour until smooth. Place the saucepan over medium heat and bring to a slight boil. Reduce the heat and simmer, whisking constantly, for 4 to 5 minutes or until slightly thickened. Remove from the heat and whisk in the cream cheese and 4 tbsp of the Parmesan cheese, whisking just until the cheese is melted. Set aside.

4. Lightly coat a nonstick skillet with cooking spray and set over medium-high heat. Add the peas and bell pepper and sauté for 2 minutes or until warm but still crisp. Add to the cooked fettuccine, pour the sauce over the pasta along with chicken and toss. Garnish with the remaining Parmesan cheese and basil. Serve immediately.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Get fancy in just a few steps

1. Put pot of lightly salted water on to boil for pasta.

2. In shallow skillet, melt butter over medium high heat. Add sage leaves. Cook, swirling pan occasionally, until butter turns brown and smells like toasted almonds. Remove skillet from heat. Place sage leaves on a couple layers of paper towel to drain. Reserve 1 tablespoon of the browned butter for later.

3. Return skillet to medium heat. Sauté garlic in browned sage butter until soft. Add mushrooms and increase heat to medium-high, adding a pinch of sea salt and generous grinding of fresh black pepper. Cook mushrooms until soft, 3 to 5 minutes. Stir in thyme and cream, and cook until cream has thickened, 2 minutes. Keep warm on low while you tend to pasta.

4. When water reaches a full, rolling boil, cook pasta to al dente stage. Timing varies depending on whether using fresh or dried pasta. Drain pasta being careful not to tear it.

5. Set out four plates and place one sheet of pasta in the middle of each. Spoon 1/4 of the mushroom mixture on eat sheet of pasta and sprinkle with 1 tablespoon of Parmesan. Top with a second sheet of pasta. Drizzle with some of the browned butter. Garnish with a fried sage leaf. A dusting of more freshly ground pepper is nice, but not necessary. Serve.

NEWS CANADA/ MUSHROOMS.CA.

Ingredients

- 1/4 cup butter
- 4 large sage leaves, whole
- 1 clove garlic, minced
- 4 cups sliced mushrooms
- 1 pinch fine sea salt
- freshly ground black pepper
- 2 sprigs thyme, leaves removed
- 2 tbsp heavy cream (35%)
- 8 sheets pasta sheets, fresh is best but dried will do (about 4 inches square)
- 1/4 cup grated Parmesan

You love your cat…
but not the allergy

Cat allergy symptoms such as **itchy and watery eyes, sneezing and stuffy nose** can make you feel miserable. If you have tried different treatments with little or no relief, there may be another option for you.

Local doctors are conducting a research study of an investigational treatment to see if it helps reduce the symptoms associated with cat allergy. If you are between the ages of 12 and 65 and have experienced cat allergy symptoms for at least two years you may qualify.

Qualified participants will receive all study related exams and study medication at no cost. Compensation for time and travel may be available.

For more information, please call
613-599-5700 ext. 23
or email kanataallergy@gmail.com

CATALYST
The cat allergy study
www.thecatallergystudy.com

IT'S NEVER TOO LATE TO QUIT SMOKING

National Non-Smoking Week (NNSW), established in 1977 by the Canadian Council for Tobacco Control, is one of Canada's longest-running public health campaigns in the ongoing effort to eliminate tobacco industry products, the No. 1 cause of preventable disease and death in Canada.

NNSW, which takes place in the third week of January annually, has Truth in Advertising as its theme this year, but it's also a reminder to smokers that ridding oneself of nicotine addiction is possible, that it is a process and can require patience, and that it produces many benefits, no matter the smoker's age.

The beginning of a new year often leads many smokers to reconsider their addiction and how to leave it behind. They are encouraged to start a new quitting process, often with the help of counselling from Ontario's Smokers' Helpline, or their physician, or another public health professional. Non-prescription medications like the nicotine patch and nicotine gum can often ease the discomfort of quitting, and prescription stop-smoking medications are also available.

SERHIY KOBYAKOV/SHUTTERSTOCK

But it's not only quitting that is the focus of NNSW. This year's theme, Truth in Advertising, points to the urgent need to eliminate all aspects of normalcy and attractiveness, such as package logos and colours, from tobacco products. In a groundbreaking example, Australia became the first country to enact a plain packaging law in December 2012 — one study showed that 70 per cent of Australian respondents found smoking less satisfying and 81 per cent were more likely to think about quitting at least once a day, following implementation of the new policy.

In Ontario, the legislature is considering Bill 131, the Youth Smoking Prevention Act, which will ban all candy and fruit flavourings in tobacco products, will make hospitality patios 100 per cent smoke-free, and will eliminate smoking from sports fields, playgrounds and hospital grounds. Tobacco sales will also be banned on college and university campuses. MPPs could pick no better way to celebrate NNSW than by quickly passing Bill 131 when the legislature reconvenes Feb. 18.

Whether it prompts efforts to quit smoking or action on policy change, NNSW is an important public health initiative, and encourages us all to keep working to rid Canada of the tobacco industry and its deadly products.

ACHIEVEMENT THAT KEEPS GIVING

If giving up cigarettes is at the top of your resolution list this year, it will be an achievement that keeps on giving. Quitting puts more money in your pocket, helps you sleep better, and, most importantly, it will improve your health. The longer people spend smoking the more damage it does to their lungs.

One common result of prolonged smoking is chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Over time, smoking can cause a permanent narrowing of the lung airways to develop, along with symptoms that may include shortness of breath, coughing, wheezing and coughing up phlegm. Smoking can cause COPD symptoms to worsen.

There are many effective smoking cessation options — everything from medication assistance to support groups. Regardless of how long you have been smoking, take a look at these tips to help you butt out:

• Mark your calendar: Don't wait for a "right time" to quit. Just pick a "quit day" in the near future and put it in your calendar. Also, share your plan with friends and family to help you stick to it and get their support.

• Turn to exercise: Increasing physical activity can help with the transition period as you try to quit. It can take your mind off cravings and help with your mood and energy level. If you are new to exercise, remember to start off slowly.

• Relapses don't mean failure: Quitting smoking can often be an ongoing process and it gets easier with practice.

SERGEY BAYBARA/SHUTTERSTOCK

– News Canada

4 SPORTS

NBA

Lakers end Raps' home win streak

Nick Young and the Los Angeles Lakers got the Toronto Raptors to play it their way Sunday afternoon.

Young had 29 points while Pau Gasol added 22 to lead the short-handed Lakers to a 112-106 win at the Air Canada Centre, halting Toronto's six-game home win streak.

"We didn't get defence into the game," Toronto coach Dwane Casey said. "We played their game ..."

THE CANADIAN PRESS

DeMar DeRozan dunks against the Lakers on Sunday in Toronto. LUCAS OLENIUK/TORSTAR NEWS SERVICE

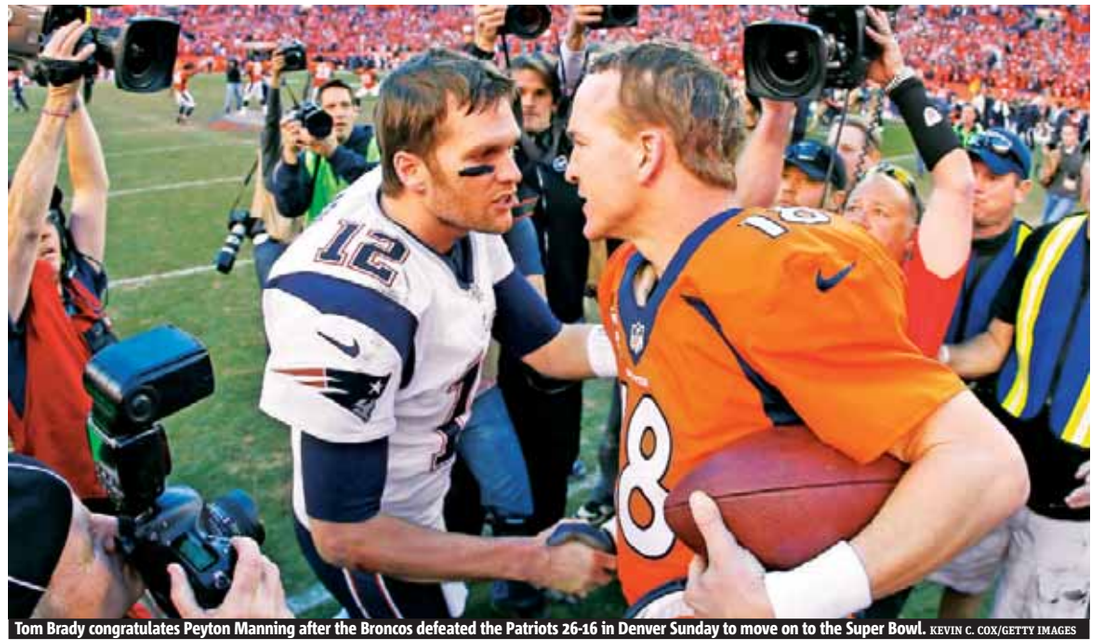
NHL

Kane burns Bruins in Cup rematch

Patrick Kane scored in a shootout to lift the Chicago Blackhawks to a 3-2 victory over the Boston Bruins on Sunday in a rematch of last season's Stanley Cup finals.

Jonathan Toews beat Tuukka Rask on the stick side to give the Blackhawks the lead in the tiebreaker, but Brad Marchand's quick wrist shot got by Corey Crawford, tying it up for the Bruins. Kane, who won the Conn Smythe Trophy last year as playoff MVP, then sent a shot past Rask to give Chicago the win.

THE ASSOCIATED PRESS



Tom Brady congratulates Peyton Manning after the Broncos defeated the Patriots 26-16 in Denver Sunday to move on to the Super Bowl. KEVIN C. COX/GETTY IMAGES

Manning delivers KO punch to Brady bunch

NFL playoffs. QB leads Broncos to Super Bowl for a shot at 2nd ring

Peyton Manning had an answer for everyone. What's new?

For Tom Brady. For the New England defence. For anyone who thought he couldn't win the big one.

Manning is taking the Denver Broncos on a trip to New York for the Super Bowl after another of his impeccably crafted victories — this time, a 26-16 win over the Patriots on Sunday in the AFC title game.

AFC championship

26	16
Broncos	Patriots

Less than three years after being unable to throw a football because of his surgically ravaged neck and nerve endings, Manning will get a chance for his second ring. He'll try to become the first quarterback to win one with two different teams, at the Meadowlands on Feb. 2 against either Seattle or San Francisco.

"It's very rewarding when you put a lot of hard work into the off-season and the regular season and it pays dividends with a huge win," Manning said.

After taking the final knee, Manning stuffed the football in his helmet and ran to the 30-yard line to shake hands with Brady. The Indy-turned-Denver quarterback improved to 5-10 lifetime against New England's QB, but 2-1 in AFC title games.

Manning set up four field goals by Matt Prater and put his stamp on this one with a pair of long, meticulous and mistake-free touchdown drives in which nothing came cheap.

The thought this week was that Bill Belichick's Patriots were playing with house money, having well exceeded expectations for a team that lost a number of stars and has been plagued by injuries all year. THE ASSOCIATED PRESS

NFC championship

For the result of the NFC championship game between the 49ers and Seahawks, go to metronews.ca.

Historic win lands Bouchard in quarters

Eugenie Bouchard celebrates after her fourth-round win over Casey Dellacqua of Australia at the Australian Open in Melbourne, Sunday. RICK RYCROFT/THE ASSOCIATED PRESS

Eugenie Bouchard became the first Canadian in 22 years to reach the quarter-finals of a Grand Slam on Sunday by beating Casey Dellacqua 6-7 (5-7), 6-2, 6-0 at the Australian Open.

The 19-year-old from Montreal is the first Canadian since Patricia Hy-Boulais at the 1992 US Open to get this far at a major.

Seeded 30th, the victory could move Bouchard to as high as 21st on the WTA rankings. The last Canadian to rank in the Top 30 was Aleksandra Wozniak (week of October 26, 2009 in 30th).

She overcame a slow start to eventually earn the victory in 100 minutes and set up a match with former world No. 1 Ana Ivanovic on Tuesday.

"I'm feeling a lot of support from Canada," said Bouchard, who ended with six aces, 28 winners and six breaks of serve. "I'm excited to keep going and getting better.

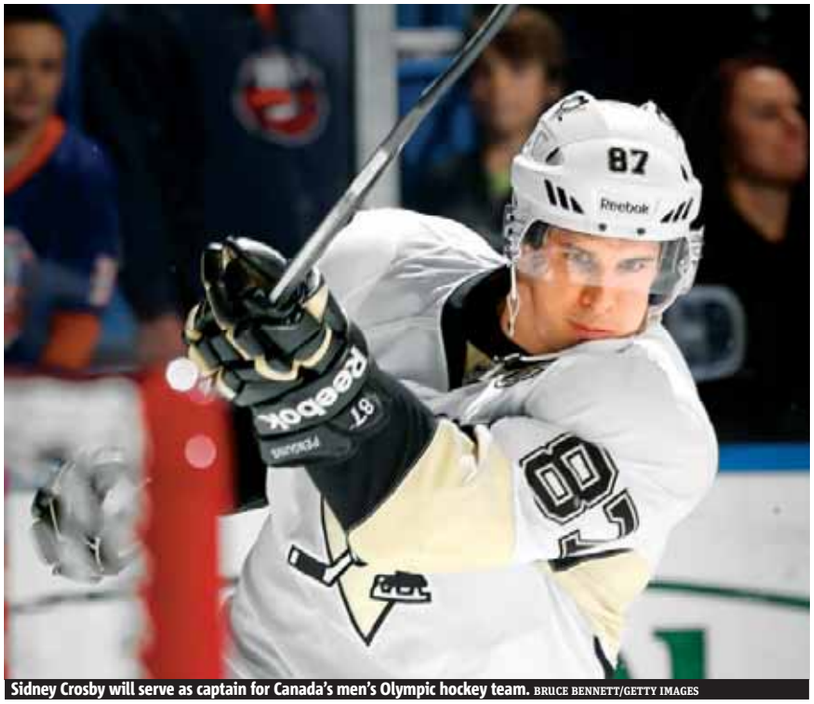
"I tried to stay calm after the first set and focus on what I have to do in the point. I felt I started to play well. I stayed in the moment after a shaky first set and felt pretty good out there." THE CANADIAN PRESS

Serena falls

Serena Williams' long winning streak came to an end in a stunning fourth-round defeat to Ana Ivanovic 4-6, 6-3, 6-3 on Sunday.

- Williams later said she'd been bothered by a back problem in recent days.

Crosby to captain Canadian ship



Sidney Crosby will serve as captain for Canada's men's Olympic hockey team. BRUCE BENNETT/GETTY IMAGES

Olympic hockey. Sid the Kid given promotion while Toews and Weber named alternates

Sidney Crosby is the face of the NHL and hockey in Canada, so it's only natural that he'll be the country's captain at next month's Sochi Olympics.

The Pittsburgh Penguins captain, who scored the gold-medal-winning overtime goal against the United States in Vancouver four years ago, got the nod to wear the C this time around.

Jonathan Toews of the Chicago Blackhawks and Shea Weber of the Nashville Predators were named alternate captains, Hockey Canada announced Sunday morning.

"Sidney, Jonathan and Shea have been leaders on the international stage in the past, as well as with their NHL teams," coach Mike Babcock said in a statement. "These three players will be at the forefront of our efforts in Sochi, but we are confident we have 25 players on our roster that will lead in their own way and allow our team to be successful."

There will be no shortage of leadership in Sochi given the presence of six NHL captains, but it starts with Crosby.

"Playing for Team Canada, playing in the Olympics is a great opportunity," Crosby told reporters at Penguins practice. "But being able to be named the captain is definitely an honour."

Crosby was made the youngest captain in NHL history when he got the C for the Pittsburgh Penguins six and a half years ago. In 2009 he raised the Stanley Cup as captain.

At the 2010 Olympics, Crosby was an alternate along with defenceman Chris Pronger and winger Jarome Iginla. The 26-year-old Cole Harbour, N.S., native doesn't expect his mindset to change much.

Veteran defenceman Scott Niedermayer captained that team and said before his Hockey Hall of Fame induction in November that he had no doubt Crosby is ready to assume that role.

"He was probably ready when he was 16," Niedermayer said. THE CANADIAN PRESS

Leading the women's team

Caroline Ouellette has been named captain of Canada's women's Olympic hockey team.

- The 34-year-old from Montreal already has three Olympic gold medals since joining the team in 1999. She also has six Women's World Championship gold medals as well as five silvers.
- Ouellette replaces Hayley Wickenheiser as captain. Wickenheiser, who had worn the C for all major international tournaments since Cassie Campbell retired in 2006, will serve as a permanent alternate captain.

'NHL is a minor sport'

Baseball analyst draws backlash

The fight-filled Calgary Flames-Vancouver Canucks game had altercations on and off the ice on Saturday night and now it's led to an online war of words.

Peter Gammons, an analyst for Major League Baseball's network and website, drew the ire of hockey fans on Sunday when he criticized the two NHL teams on Twitter for their physical game the night before.

"Calgary and Vancouver last night reiterated why the NHL is a minor sport," said Gammons (@pgammo) from his verified Twitter account.

The tweet referred to the Canucks' 3-2 shootout win over the Flames, which saw over 200 minutes of penalties and eight game misconducts.

"seriously though, who is Peter Gammons? He has a puppy and flowers as his avatar," said professional golfer Graham DeLaet of Weyburn, Sask.

Fox Sports 1 anchor Jay Onrait, a Calgary native, quickly replied to DeLaet, comparing Gammons to TSN hockey analyst Bob McKenzie. THE CANADIAN PRESS

Curling. Continental Cup gives Olympians chance to scout their opponents

The time for scouting is over. Brad Jacobs is using the Continental Cup to make sure his team is ready for the tournament that really matters.

Jacobs, who will represent Canada at the Olympic Games in Sochi, Russia, next month, said he's just trying to prepare his team for curling's biggest stage.

Watching what other teams are up to isn't on the Sault Ste. Marie, Ont., native's agenda.

"We've played them before," said Jacobs on Sunday. "We focus on our game. Everyone's throwing the rock well right now, that's the main thing for our team. I really like what I see as skip from the other end.

"It's really nice to be here playing on this great ice surface in really serious competition that everyone's trying their hearts out at."

Jacobs is joined at the Continental Cup on the women's side by Winnipeg's Jennifer Jones, who will also go to Sochi for Canada.

"I really don't know what to expect in Sochi," said Jacobs. "For this event the crowds and everything, phenomenal. Obviously the arena, I don't think is as big as this one over at the Olympics. There's a lot of Canadians here, it's really made this event a huge success so far."

Brad Jacobs GETTY IMAGES FILE

Jacobs may not have been focusing on the competition but at least one of his opponents made sure to watch what Canada was doing.

Norway's Thomas Ulsrud, who captured silver at the 2010 Winter Games in Vancouver, said it was beneficial to play the Olympic contenders. THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	48	30	15	3	138	107	63
Tampa Bay	50	29	16	5	146	123	63
Montreal	49	27	17	5	126	120	59
Toronto	50	25	20	5	141	152	55
Detroit	48	21	17	10	121	130	52
Ottawa	49	21	19	9	139	155	51
Florida	48	18	23	7	111	147	43
Buffalo	47	13	27	7	86	133	33

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	48	34	12	2	156	115	70
Philadelphia	49	25	19	5	134	140	55
NY Rangers	50	26	21	3	124	127	55
Columbus	48	24	20	4	138	135	52
Washington	48	22	18	8	141	146	52
New Jersey	50	20	19	11	115	123	51
Carolina	48	20	19	9	117	137	49
NY Islanders	50	19	24	7	138	163	45

Sunday's results
Chicago 3 Boston 2 (SO)
Tampa Bay 5 Carolina 3
Washington at NY Rangers
Saturday's results
San Jose 5 Tampa Bay 4
NY Rangers 4 Ottawa 1
Winnipeg 3 Edmonton 2 (OT)
Detroit 3 Los Angeles 2 (SO)
Columbus 4 Buffalo 3 (SO)
Carolina 3 Florida 2
Toronto 5 Montreal 3
Philadelphia 6 NY Islanders 4
Phoenix 3 New Jersey 2
Anaheim 3 St. Louis 2
Colorado 5 Nashville 4
Minnesota 3 Dallas 2 (OT)
Vancouver 3 Calgary 2 (SO)

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	25	43	68
Getzlaf, Ana	25	33	58
Tavares, NYI	22	36	58
Kane, Chi	23	33	56
Perry, Ana	27	28	55
Thornton, SJ	6	46	52
St. Louis, TBL	25	24	49
Sharp, Chi	25	24	49
Kunitz, Pgh	24	25	49

Not including last night's games

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	51	32	8	11	184	139	75
St. Louis	47	32	10	5	166	107	69
Colorado	48	31	12	5	142	122	67
Minnesota	51	27	19	5	125	125	59
Dallas	48	21	19	8	136	148	50
Nashville	50	21	22	7	121	151	49
Winnipeg	50	22	23	5	141	150	49

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	51	37	9	5	175	126	79
San Jose	49	31	12	6	158	121	68
Los Angeles	49	29	14	6	126	100	64
Vancouver	50	25	16	9	127	127	59
Phoenix	48	23	16	9	139	145	55
Calgary	49	16	26	7	109	156	39
Edmonton	51	15	30	6	131	181	36

Note: Two points for a win, one point for overtime loss.

Monday's games — All Times Eastern
Philadelphia at NY Islanders, 1 p.m.
Los Angeles at Boston, 3 p.m.
Florida at Pittsburgh, 7 p.m.
St. Louis at Detroit, 7:30 p.m.
Toronto at Phoenix, 8 p.m.
Dallas at Nashville, 8 p.m.
Calgary at San Jose, 10:30 p.m.
Tuesday's games
Los Angeles at Columbus, 7 p.m.
St. Louis at New Jersey, 7 p.m.
Ottawa at Washington, 7 p.m.
Florida at Buffalo, 7 p.m.
Carolina at Philadelphia, 7 p.m.
NY Islanders at NY Rangers, 7 p.m.
Minnesota at Dallas, 8 p.m.
Toronto at Colorado, 9 p.m.
Vancouver at Edmonton, 9:30 p.m.
Winnipeg at Anaheim, 10 p.m.

NFL PLAYOFFS

CONFERENCE CHAMPIONSHIPS

Sunday's results
AFC — Denver 26 New England 16
NFC — San Francisco at Seattle

SUPER BOWL XLVIII

Sunday, Feb. 2 — At East Rutherford, N.J.
Denver vs. NFC champion, 6:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	32	7	.821	—
d-Miami	29	11	.725	3½
Atlanta	20	19	.513	12
d-Toronto	20	19	.513	12
Washington	19	20	.487	13
Chicago	19	20	.487	13
Detroit	17	23	.425	15½
Brooklyn	16	22	.421	15½
Charlotte	17	25	.405	16½
Cleveland	15	25	.375	17½
New York	15	25	.375	17½
Boston	14	28	.333	19½
Philadelphia	13	27	.325	19½
Orlando	11	30	.268	22
Milwaukee	7	32	.179	25

WESTERN CONFERENCE

	W	L	Pct	GB
d-Portland	31	9	.775	—
d-San Antonio	31	9	.775	—
Oklahoma City	30	10	.750	1
d-L.A. Clippers	28	14	.667	4
Houston	27	15	.643	5
Golden State	26	16	.619	6
Dallas	24	18	.571	8
Phoenix	22	17	.564	8½
Denver	20	19	.513	10½
Memphis	20	19	.513	10½
Minnesota	19	21	.475	12
L.A. Lakers	16	25	.390	15½
New Orleans	15	24	.385	15½
Sacramento	14	24	.368	16
Utah	14	28	.333	18

d - division leader

Sunday's results
L.A. Lakers 112 Toronto 106
Orlando 93 Boston 91
Milwaukee at San Antonio
Sacramento at Oklahoma City
Denver at Phoenix
Monday's games — All Times Eastern
Dallas at Cleveland, 1 p.m.
L.A. Clippers at Detroit, 1 p.m.
Toronto at Charlotte, 2 p.m.
Philadelphia at Washington, 2 p.m.
Brooklyn at New York, 2:30 p.m.
New Orleans at Memphis, 5 p.m.
Miami at Atlanta, 5:30 p.m.
L.A. Lakers at Chicago, 8 p.m.
Portland at Houston, 8 p.m.
Indiana at Golden State, 10:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Whatever you're working on now will get done quicker if you get others involved — as equals. It may be your vision, but don't let your ego get in the way of success.

♉ Taurus
April 21 - May 21
Cosmic activity in the career area of your chart will do your reputation good over the next few days, so put your doubts behind you and show the world you have what it takes.

♊ Gemini
May 22 - June 21
You may be tempted to bend the rules but if you do you will regret it towards the end of the week when Mercury, your ruler, squares up to Saturn. One of the best times of the year is beginning. Don't cut corners.

♋ Cancer
June 22 - July 23
It's a vital time for money matters, so think before you act and act only in your own best interests. You will, however, have to work closely with others. You won't get where you want to go on your own.

♌ Leo
July 24 - Aug. 23
For the next few weeks, the Sun will be moving through your opposite sign of Aquarius, so opposition is to be expected. Make things easy for yourself: take others' needs and wishes into consideration more often.

♍ Virgo
Aug. 24 - Sept. 23
Do what it takes to stay healthy and whole. If you don't you will find yourself under increasing physical, mental and emotional pressure as your workload increases and energy declines.

♎ Libra
Sept. 24 - Oct. 23
If there is something artistic you have been thinking of trying, now is the time. With the Sun moving into the most dynamic area of your chart, you will make a name for yourself.

♏ Scorpio
Oct. 24 - Nov. 22
Try to be more sensitive when dealing with emotional issues that involve others. The thing to remember is that some people are quite fragile. So, if they burst into tears, you're doing it wrong!

♐ Sagittarius
Nov. 23 - Dec. 21
The pace of life is going to quicken over the next few days and you will have a lot of fun seeing how fast and how far you can go. But don't go so fast and so far that you risk having an accident. Pace yourself.

♑ Capricorn
Dec. 22 - Jan. 20
The Sun is moving into the area of your chart that governs material things, which means it is time to consolidate the gains you have made since the start of 2014. Fortunately, you're not the sort to give anything away.

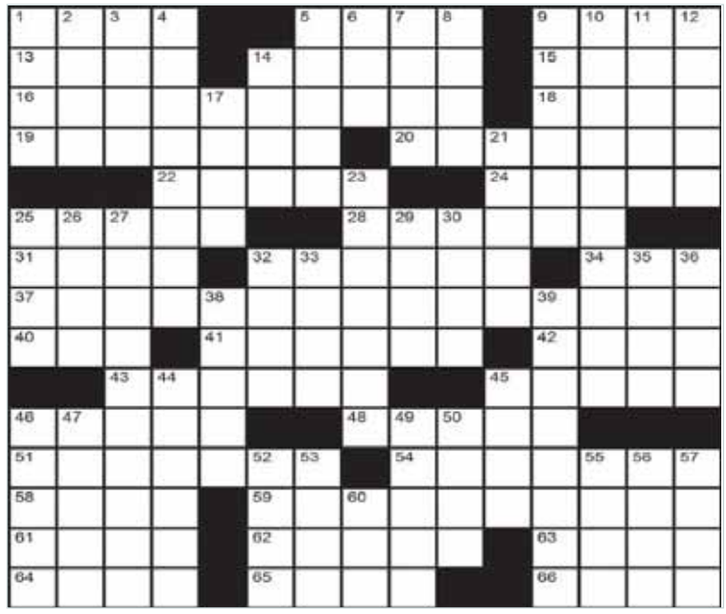
♒ Aquarius
Jan. 21 - Feb. 19
The Sun moves into your birth sign today, heralding the start of a busy and fun time in your life. The things you do over the next few weeks will determine the level of success you enjoy over the few years.

♓ Pisces
Feb. 20 - March 20
What happens over the next few days will make you less likely to crack under pressure in the future. Short-term difficulties will lead to long-term gains. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



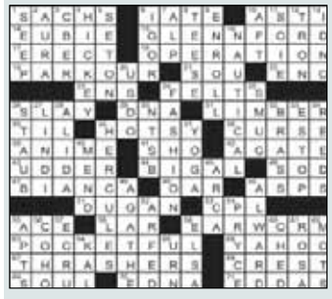
Across

1. Folk classic: "__ __ Darling Clementine"
5. Criminally puncture
9. Mr. Vigoda's
13. US music trade org.
14. The Way of the Sword
15. Beachy mound
16. Library and Archives Canada: 395 __ Street, in Ottawa
18. 'Eight'-meaning prefix
19. 'The Energy City' in Saskatchewan
20. Beach swimmer's device
22. Root veggies
24. Bar beverages
25. React to trying icky-tasting food: 2 wds.
28. Most peculiar
31. Had _ __ (Lost it)
32. Dressy wear
34. Prune
37. Wild West's taking-matters-into-one's own hands: 2 wds.
40. Nourished
41. Trousers measurement
42. "_! __..." (Anthem opener)
43. Town in southwestern Manitoba
45. TV: "How'd You __ __ Rich?"
46. Rainforest, for one
48. Enjoy the meal: 2 wds.
51. Debit card service in Canada
54. Wander about
58. Industrial region of Germany
59. "__ Canada" on CTV
61. Little bit of residue
62. Notions
63. Bruce Lee's role on '60s action series "The Green Hornet"
64. Wither
65. NB island in the Bay of Fundy, __ Island
66. 'Gang' suffix

Down

1. "Say as he says, __ __ shall never go." - Hortensio, The Taming of the Shrew, Act IV, Scene 5
2. Cowboy's commands
3. Brewery ingredient
4. Trendy district of Vancouver
5. Music repetition mark
6. Mtn. blaster
7. Stirs
8. Beethoven's birthplace
9. Treasures
10. Go skydiving, visit Paris, climb Mount Everest, etc.: 2 wds.
11. Enroll
12. Navy elites
14. Tree log bump
17. John, in Russia
21. Follows orders
23. Hip-Hop artist (aka Aaron Hoffman) from Vernon, BC
25. Nautical hook
26. Land lot
27. Jann Arden song: 2 wds.
29. Vu's partner
30. __ up business
32. Finished: French
33. 'Air' suffix (Most breezy)
35. Wood sorrels
36. The Smurfs creator
38. Travertine placer
39. Figure skates have them, but hockey skates don't: 2 wds.
44. Come forth
45. Thickening gum
46. Chirpers
47. Habituate the hard way
49. Petal product in perfumery
50. CEO
52. In the centre of
53. 'Motor' suffix
55. Excellent, slang-style
56. Mediterranean resort of France
57. '_' __ Effort
60. Determine

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6			8		1			
3	5						4	8
	4			7		1		
	3		7	5				2
		4				6		
9				6	2		7	
		3		2			6	
5	9						8	4
			4		9			1

Friday's Sudoku

5	3	9	6	7	2	8	1	4
2	1	4	8	9	5	7	3	6
8	6	7	4	3	1	9	2	5
3	8	2	1	4	7	6	5	9
7	9	5	3	8	6	1	4	2
1	4	6	2	5	9	3	7	8
4	2	1	7	6	8	5	9	3
9	7	8	5	2	3	4	6	1
6	5	3	9	1	4	2	8	7

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